

Fruit Compote

Makes: 5 servings

This compote has a thick and sweet sauce that is mixed with fruit for a delicious dessert.

Ingredients


- 1 **can** pineapple chunks (8 ounces)
- 1 **1/2 cups** orange juice
- 1 **tablespoon** cornstarch
- 1 banana (medium, peeled and sliced)
- 1 pear (sliced in cubes)
- 2 peaches (sliced in cubes)

Directions

1. Drain the juice from the canned pineapple into a small saucepan.
2. Stir in orange juice and cornstarch. Blend until smooth.
3. Bring to a boil over medium heat, stirring constantly.
4. Let the juice mix cool to room temperature.
5. While the juice mix is cooling, peel and slice the banana. Wash the pear and peaches and cut them into cubes.
6. Pour the cooled juice mix into a large bowl. Add the pieces of pineapple, banana, pear, and peaches. Stir together.

Notes

Nutrition Information

Nutrients	Amount
Calories	123
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	3 mg
Total Carbohydrate	31 g
Dietary Fiber	3 g
Total Sugars	21 g
Added Sugars included	0 g
Protein	2 g
Vitamin D	0 IU
Calcium	20 mg
Iron	0 mg
Potassium	407 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1 1/4 cups

You can serve this compote in serving dishes, or over frozen yogurt or waffles.

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